

ORANGE
Caregiver Resource Center
A PROGRAM OF ST JUDE MEDICAL CENTER

*Care Smarter,
Not Harder*

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EXECUTIVE DIRECTOR
(800) 543-8312

1

OBJECTIVES

- √ Provide some insight to the caregiving dynamic
- √ Introduce you to strategies for wellness
- √ Introduce you to services available in the community
- √ Develop some caregiving planning skills

2

MISSION

*"To Increase the
Quality of Life of
Caregivers by
Helping Families
and Communities
Master the
Challenges of
Caregiving"*



3

HISTORY

- Serving all of Orange County since 1989
- A grant funded non-profit program of St. Jude Medical Center.
- Part of the California Caregiver Resource System (CA Dept. of Mental Health)
- Contract Agency for Older American's Act, Title III-E, Family Caregiver Support Program (CA Dept. of Aging)



4

WHAT WE DO

Information, Education, Support and Counseling

- Professional staff focusing on issues specific to successful caregiving and self care.
- Services are provided in variety of modalities i.e., individually, in groups and through a variety of events and classes.

5

CRC OBJECTIVES

- Complete evaluation of the primary family caregiver and the caregiving dynamic
- Provide education and strategies to cope with the challenges of caregiving
- Provide opportunities to implement strategies
- Provide information about and access to community resources

6

CRC CLIENTS

“Family Caregivers” = Adults caring for:

- A person(s) with adult onset cognitive (brain) impairment, traumatic brain injury or degenerative brain disease.
- A person(s) 60 years or older unable to independently complete 2 or more activities of daily living (ADL’s)

7

CRC STAFF

- **Care Coordinator** - available by phone for new client intake and on going support and services to clients
- **Family Consultant** - provides comprehensive personalized needs assessment at client’s homes.



8

DIVERSE POPULATION

- Services are available to caregivers who speak: English, Spanish, and Vietnamese.



9

ASK YOURSELF

*Are PATIENCE,
LOVE and
HUMOR
waning?*



10

START WITH A DIAGNOSIS

- Learn as much as you can about your loved one's condition
- Activities of daily living (ADL's) are no longer "routine" for your loved one
- Establish a "new normal" for yourself



11

HEALTH CONSEQUENCES

- Caregivers suffer tremendous negative health effects – emotional & physical
 - As the care receiver's health deteriorates, so does the caregiver's
 - As the care receiver's nutritional intake diminishes, so does the caregiver's



12

YOUR HEALTH

- The Impact of Stress
- Nutrition and caregiving
- Mortality studies



13

COMMUNICATE

- Talk to your loved one
 - Health Care wishes – Advanced Directives
 - Finances – Estate Planning, Powers of Attorney
- Talk to family and close friends and bring them together to discuss your loved one's care. The “LIST”.



14

TAKE ADVANTAGE OF COMMUNITY RESOURCES

CAREGIVER RESOURCE GUIDE



15

INFORMATION CENTER

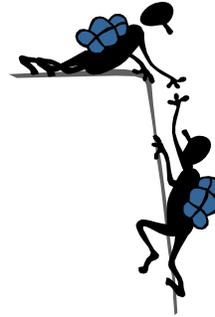
Specialized referrals to various community resources, as well as fact sheets and general information related to caregiving. Online information is available at

www.caregiveroc.org

16

IN-HOME EVALUATION

- One-on-one assessment of the family caregiver.
 - Understand the level of care being provided
 - Address issues of burden, stress, depression, and strategies for self care.
 - Develop a tailored action plan and resources.



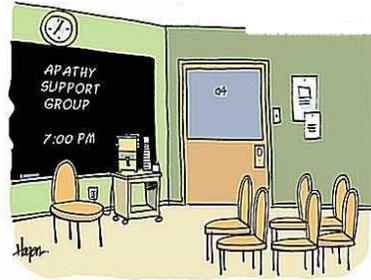
SUPPORT & EDUCATION

- Professional staff that focus on issues specific to successful caregiving and self care.
- Services provided through several methods, i.e. individually, in groups and through a variety of events and classes.



EDUCATION & SUPPORT

- POWERFUL TOOLS
- LEGAL WORKSHOPS
- SUPPORT GROUPS
- SPECIAL SEMINARS AND EVENTS



19

SUPPORT COUNSELING

- Focus on empowering the caregiver who is the primary care-manager for their loved one.
- Guidance in managing stress, depression, and loss.
- Family meetings to address caregiving support.
- Individual and group consultation and training to manage decision-making, financial, and legal issues



20

RESPITE PLANNING & EVENTS

Respite: "...a usually short interval of rest or reprieve..."

- Planning for pleasurable events
- Family Meetings
- Emergency respite funding



21

POWERFUL TOOLS

Underlying assumptions:

- When a caregiver practices self-care, the care receiver also benefits
- An optimistic attitude is one of the most important tools a caregiver can have



22

POWERFUL TOOLS FOR:

- Reducing personal stress
- Changing negative self talk
- Communicating feelings and needs to others
- Setting limits and asking for help
- Dealing with anger, guilt and depression
- Making tough caregiving decisions
- Dealing with difficult situations



23

ACTION PLAN

- Make a commitment to yourself
- Write it down
- Share it with others
- Make your plan meaningful and achievable



24

PARTS OF AN ACTION PLAN

- It's something you want to do
- It's reachable (accomplish during the next week)
- It answers: What? How much? When? How often?
- It has a high confidence level



25

ON-LINE HELP

Link 2 Care Website

Clients are provided access to a secure website with information and online support services –

www.link2care.org.



26

A Great First Call for Caregivers!

Caregiver Resource Center - Orange
St. Jude Community Services
130 w. Bastanchury Rd.
Fullerton, CA 92835

Phone (800) 543-8312 or (714) 446-5030

27

TAKE ADVANTAGE OF RESOURCES!

Aging and Disability Resource Connection

www.adrcoc.org

(800) 510-2020



A partnership of CalOptima, Dayle McIntosh Center and the Office of Aging, Orange County

TAKE ADVANTAGE OF RESOURCES

- Eldercare Locator: www.eldercare.org
- Administration on Aging: www.aoa.gov
- Family Caregiver Alliance National Center on Caregiving: www.caregiver.org
- AARP: www.aarp.org
- National Family Caregiver Association: www.nfcacares.org
- Well Spouse Foundation: www.wellspouse@aol.com
- National Council on the Aging: www.ncoa.org



QUESTIONS & ANSWERS